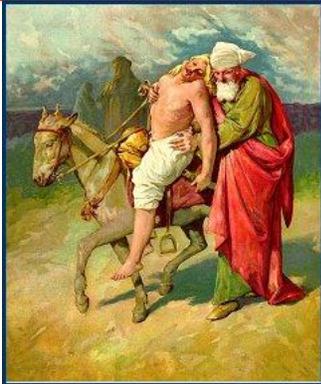


## New Horizons Newsletter



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FEBRUARY 2011 ISSUE

*"May the Lord show you His favor and give you peace."  
(Nu. 6:26)*



## CAN YOU WAIT LONG ENOUGH UNTIL GOD'S ESCAPE PLAN TAKES EFFECT?



I am sure you remember the movie "The Ten Commandments." Everyone has probably seen it, at least one time. To me the most memorable scene was when Moses (played by Charlton Heston) lifted up his arms to the Heavens and God made the Red Sea open a pathway of escape from Pharaoh's chariots. And Pharaoh (played by Yul Brynner) said what a terrible commander the Hebrew God must be to put them in such a bad defensive position, with their backs to the sea and no way of escape. As the sea parted, God's fire blocked

the Egyptian chariots from advancing until God could trap them with the collapsing sea walls.

When an escape is needed, God looks for opportunities to open our escape routes in such a way that HE can show us HIS power; so, we will know to give praise and glorify Him. HE wants there to be no doubt as to who deserves credit for having done such a thing.

When times are tough, we may feel like we are being buffeted by blows to our head and body, as if we are in a boxing match and the opponent has the momentum. I am certain GOD wants us to endure every struggle because HE can see into the future that we will become stronger by enduring.

*12 Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him. (James 1:12 NIV)*

Many of you go to the gym to exercise not only because it helps you to feel better, but you are strengthening yourself to endure a stressful day, week, month, or year. I was very active in sports and weight training during my younger years. It seemed like the struggle to push myself beyond my comfort zone was always rewarded with higher levels of endurance, strength, and accomplishment. If I became impatient with my progress because I may have set goals well beyond my capabilities, it would seem like I was regressing in my abilities. The result might have been thoughts and feelings of falling short or discouragement and doubts

about whether I would ever be capable to attain my goals. Those were the times when I would more often than not, feel like giving up. "Why bother. . .I will never be any stronger. . ."

This is very much like what happens to us as believers when buffeted by troubles over an extended period. We are not progressing as we had anticipated. We believe we are putting GOD first in all things. We are helping at the church, loving to our family and friends, reading the Bible daily, praying all the time, but we are not seeing the expected results of blessings, benefits, accomplishments, or a greater experience with GOD. Did I mention the greater experience with GOD?!!!:)



When the Hebrews were nestled by the Sea full of hope of a new and better life, imagine the fear and panic they experienced when they saw Pharaoh's war chariots. Their memories quickly went back to the days of captivity, suffering, and death. As if on cue, they have forgotten all that God has done to bring them to this place by the Red Sea. Their screams and pleadings as well as their anger were directed more against Moses than to GOD. They did not yet have a personal experience with their creator GOD. Instead, they had a personal experience in knowing the messenger of GOD, Moses.

Moses, knowing the peoples' panic, told them "Fear not; stand still..." In modern terms, "Don't sweat it. . .hang on. . ." Among the most common phrases attributed to the LORD from what I hear people saying is: "It's going to be O.K." Simple, but powerful! Whatever is happening in your life today, remember those words and "hang on for the ride." God is fighting for you, now is not the time to panic. Now is the time to pray and meditate on the LORD, and see the deliverance the LORD will bring.

*13Moses told the people, Fear not; stand still (firm, confident, undismayed) and see the salvation of the Lord which He will work for you today. For the Egyptians you have seen today you shall never see again. 14The Lord will fight for you, and you shall hold your peace and remain at rest. (Exodus 14:13-14 AMP)*

I believe that, predominantly due to the increasingly rapid rate of speed in which communication is being sent and received, the problems we face will exponentially increase. I am simply saying that temptations are increasing. That means the trials we face on a daily basis will be enticing us to sin with greater regularity. Wrong thinking and behaving are occurring with greater frequency to those who do not have a higher standard to follow. The Bible sets the measure of how we are to live our life as a follower of The MESSIAH, JESUS CHRIST. And, within the Bible are examples of both success and failure, being redeemed through the sacrificial Blood of our LORD, JESUS CHRIST.

Stand your ground and do not let the intimidation of unbelieving persons, groups, institutions, or authorities dissuade you from your goal of peace with God by surrendering all through your heartfelt belief in HIS SON, JESUS CHRIST. In doing so, GOD promises to help you to resist the temptations that are stealing from you a better quality of life. Help yourself by choosing to only do what is right, even if you do not feel like it. The brighter, more joyous feelings will catchup to your right and good behaviors.

*13No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will*

*also make the way of escape, that you may be able to bear it.* (1 Corinthians 10:13 NKJV; underline added)

I believe the hardest test we will experience is the test of time. It is only when we learn how to wait for God that we can experience something that is truly done by God. In the Bible, Abraham did not wait for God's promise of a child and Ishmael was born by the power of man. The motive of Abraham to make it happen on his own was wrong. It was not until he was one hundred years old, when Abraham's body was "as good as dead," (Romans 4:19) that GOD acted on HIS promise and Isaac was birthed. GOD will sometimes wait until you recognize that you are powerless to effect change in your life. Wait for GOD's way of escape or plan before you bring more troubles (Ishmaels) into your life.

*Dr. Pierre J. Samaan*

### Pray About Being a Prayer Partner & Financial Supporter

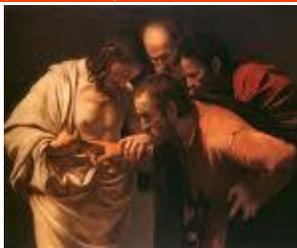


#### STORY OF WELCH GRAPE JUICE

A young man accepted for the African missionary field reported at New York for "passage," but found on further examination that his wife could not stand the climate. He was heartbroken, but he prayerfully returned to his home and determined to make all the money he could to be used in spreading the Kingdom of God over the World. His father, a dentist, had started to make, on the side, an unfermented wine for the communion service. The young man took the business over and developed it until it assumed vast proportions - his name was "Welch," whose family still manufactures "grape juice." He has given literally hundreds of thousands of dollars to the work of missions.<sup>1</sup>

Your donations help us to continue helping others. If you have a business or ministry, please consider adding us to your budget for future donations to this tax exempt counseling ministry. We do not turn away those who cannot give a donation for their counseling; we do not believe Jesus would either. But, the fact remains, we have to pay our expenses.

### Prayer Requests



- A young couple, who are members of our church had to face the worst experience of parents. They found their recently born infant dead in the crib; Sudden Infant Death Syndrome. Please pray for this young couple and their families.
- Rev. Josh McKeown continues chemotherapy. In fact, he may have to stay on chemo for the rest of his life due to having the most severe strand of Leukemia. That does not set well with me and I am sure many of you feel the same. So, don't stop praying for his healing and for God's will in Pastor Josh's life.
- My brother's wife, Sue, was recently diagnosed with Cancer. She will have surgery in a few days. Please pray for my sister-in-law and my brother, Victor, Also, be praying for their

<sup>1</sup> Tan, P.L., (1991) *Encyclopedia of 7700 Illustrations*, pp 478-479, 12<sup>th</sup> Edition, Bible Communications Inc., Garland, TX.

family.

- This month I saw several clients who have lost loved ones due to untimely deaths. As the stress builds, some are coming apart at the seams. Pray for every member of your family and church family, that God will minister to them and reveal who needs help before something unthinkable happens.
- Pastor Chuck had Rotator Cup surgery on his right shoulder. He previously had the same surgery on his left shoulder. This surgery was more extensive and requires longer healing time. Please pray for Pastor Chuck and his family.
- There are many couples who are estranged in their marriages. Please pray that circumstances will improve to give their marriages another chance; this time with Clinical Christian Counseling.
- Pray for a financial healing for all believers.
- We need daily prayer partners who will dedicate a moment of each day to pray for the Clinical Christian Counselors and clients.

### New Horizons Institute of Counseling/ United Brethren Counseling Ministry

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**"Seeking True Recovery to Replace Pain With Healing Peace."**

*Clinical Christian Counseling/Clinical Pastoral Counseling is crisis intervention and strengthening of Christian character and values, which is Discipleship. Our Ordained and Professional Clinical Christian Counselors are committed to the welfare of the Christian. Clients are encouraged to take advantage of their own church programs as part of their Christian Counseling Treatment Plan. We are credentialed professionals who must follow state confidentiality guidelines. This is not church Lay Counseling in which your confidentiality cannot be guaranteed.*

*Professional Clinical Christian Counseling will help the client, couple, or family move beyond tolerable existence into genuine inner healing, renewal, and wholeness through the work of God's Holy Spirit in the counseling.\**

*Tolerable recovery is the process of getting better. True recovery says, "I made it!" This is when I can look at the source of my pain - which has become a stronghold - and realize it has been replaced with God's healing peace - Replacing the source pain with God's Truth.*

\*Clinical Christian Counselors are exempt from Florida State Licensing, Statute 491.014. All Christian counselors at New Horizons Institute of Counseling are Ordained Clergy, Board Certified & Licensed by the National Board of Examiners of the National Christian Counselors Association. We serve under the authorities of our licensing boards and the Pastor and Board of the UB church.

## NEW RESEARCH FINDINGS

### [Membership In Many Groups Leads To Quick Recovery From Physical Challenges](#)

Being a part of many different social groups can improve mental health and help a person cope with stressful events. It also leads to better physical health, making you more able to withstand - and recover faster from - physical challenges, according to a study in Social Psychological and Personality Science (published by SAGE). Read article at:

<http://www.medicalnewstoday.com/articles/211766.php>

### [Model Who Posed Nude For Anti-Anorexia Ad Dies At 28 Years](#)

Isabelle Caro, a French model who posed naked for an anti-anorexia campaign died at the age of 28 after being treated for an acute respiratory illness. She died on November 17th after returning to France from a job in Tokyo, according to a friend, Vincent Bigler, a Swiss singer. Read article at:

<http://www.medicalnewstoday.com/articles/212561.php>

### **What is The Fastest Growing Religion on Earth?**

Evidence suggests a new, or, perhaps, original form of biblically inspired evangelical Christianity is sweeping through places like China, Africa, India and Southeast Asia - making it, by far, the fastest growing faith on the planet. Read article at:

<http://www.prophecynewswatch.com/2011/January01/0181.html>

### **Protective Properties of Green Tea Uncovered**

ScienceDaily (Jan. 6, 2011) — Regularly drinking green tea could protect the brain against developing Alzheimer's and other forms of dementia, according to latest research by scientists at Newcastle University. Read article at:

<http://www.sciencedaily.com/releases/2011/01/110105194844.htm>

### **Helping with abortions required by university for Nursing students to graduate**

Read article at: <http://www.prophecynewswatch.com/2011/January12/1281.html>

### [Writing About Worries Eases Anxiety, Improves Test Performance](#)

Students can combat test anxiety and improve performance by writing about their worries immediately before the exam begins, according to a University of Chicago study published in the journal Science. Read article at:

<http://www.medicalnewstoday.com/articles/213690.php>

### [Greater Abuse Rates Among Deaf And Hard-Of-Hearing Children; Depression, Post-Traumatic Stress Also More Prevalent Than Among Hearing Youths](#)

A new study at Rochester Institute of Technology indicates that the incidence of maltreatment, including neglect and physical and sexual abuse, is more than 25 percent

higher among deaf and hard-of-hearing children than among hearing youths. Read article at:

<http://www.medicalnewstoday.com/articles/214149.php>

### Parental Divorce Linked To Suicidal Thoughts

Adult children of divorce are more likely to have seriously considered suicide than their peers from intact families, suggests new research from the University of Toronto. In a paper published online this week in the journal *Psychiatry Research*, investigators examined gender specific differences among a sample of 6,647 adults, of whom 695 had experienced parental divorce before the age of 18. Read article at:

[http://www.mentalhelp.net/poc/view\\_doc.php?type=news&id=134533&cn=9](http://www.mentalhelp.net/poc/view_doc.php?type=news&id=134533&cn=9)

**\*To read the full article, click or copy and paste the URL. The articles are for informational & educational use only. The released studies are not necessarily a reflection of beliefs of this ministry.**